

# Smart Party Snacks



Put food in its place! Have more fun by focusing on the **child** or **event** instead of the food. Snacks can still be part of the party without being the “main event.” Your child is learning to make healthy choices through the *Power Play! Campaign*. Show your support during classroom parties by serving food that is both fun and nutritious.

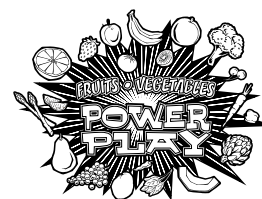
Before bringing any food to school, please check with your child’s teacher for snacking rules.

Pre-packaged and individually wrapped snacks	Unpackaged or homemade snacks
• Pretzels	• Fruit smoothies 😊
• Trail mix or cereal mix	• Ants on a Log (spread peanut butter* onto celery “logs” and top with raisin “ants”)
• Animal or graham crackers	• Roasted pumpkin seeds*
• Whole wheat fig bars	• Bagel slices with peanut butter* or jam
• Individual packages of raisins	• Fruit and cheese kabobs
• Fruit cups (packed in 100% fruit juice)	• Vegetable trays with lowfat dip
• Granola bars	• Baked tortilla chips and salsa
• Dried fruit (apricots, cranberries, plums)	• Whole-grain crackers with cheese cubes, string cheese, or hummus
• 100% fruit juice	• Angel food cake, plain or topped with fruit
• Applesauce cups with no added sugar	• Seasonal fresh fruit or fruit salad
• Lowfat or nonfat milk	• Ham, turkey, or veggie wraps 😊
• Lowfat pudding	• Yogurt parfaits or banana splits 😊
• Lowfat yogurt	• Air-popped or light microwave popcorn
	• Veggie pockets (cut whole wheat pitas in half and let kids add veggies with lowfat dressing or hummus)
<p>*Some children have severe peanut and/or tree nut allergies. Before you bring in foods that have nuts, please check with your child’s teacher.</p> <p>😊 These recipes are on the next page.</p>	

**Fruits and  
veggies are good for  
your pocketbook, too!**

According to the USDA, the average cost of a serving of fruit or vegetable is only 25 cents – cheaper than many other less-healthy snacks.

# Kid-Friendly Recipes



## Out of this Whirled Shake

Makes 2 servings.  
One serving equals  
1 1/3 cups.

Preparation time:  
5 minutes

### Nutrition information

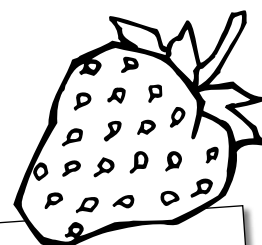
per serving:  
Calories 200,  
Total Fat 1g,  
Sodium 30mg,  
Total Carbohydrate 45g,  
Protein 5g

### INGREDIENTS

- 1/2 banana, peeled and sliced
- 1 cup unsweetened frozen berries  
(strawberries, blueberries, and/or blackberries)
- 1/2 cup 1% lowfat or nonfat milk or soft tofu
- 1/2 cup frozen orange juice concentrate

### PREPARATION

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again.
3. Pour into 2 glasses and serve.



## Tortilla Roll-Up

Makes 4 servings.  
One serving equals one  
tortilla wrap.

Preparation time:  
20 minutes

### Nutrition information

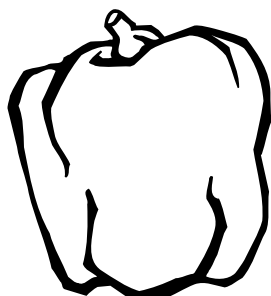
per serving:  
Calories 140,  
Total Fat 2.5g,  
Sodium 460mg,  
Total Carbohydrate 23g,  
Protein 9g

### INGREDIENTS

- 4 (7-inch) whole wheat tortillas
- 8 tablespoons nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh spinach
- 1 cup diced tomato
- 1/2 cup chopped bell pepper (green, red, orange, yellow, or a mixture)
- 1/2 cup chopped cucumber
- 1/4 cup canned diced green chiles
- 1/4 cup sliced ripe olives, drained

### PREPARATION

1. Spread each tortilla with 2 tablespoons cream cheese.
2. Top each tortilla with lettuce, tomato, bell pepper, cucumber, chiles, and olives. Divide the ingredients so that each tortilla gets about the same amount.
3. Roll each tortilla. Serve.



## Breakaway Banana Split

Makes 1 serving.  
Preparation time:  
5 minutes

### Nutrition information

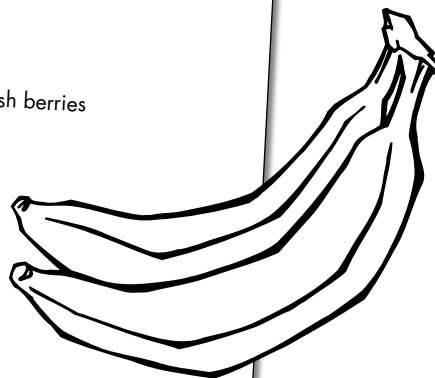
per serving:  
Calories 410,  
Total Fat 5g,  
Sodium 220mg,  
Total Carbohydrate 82g,  
Protein 16g

### INGREDIENTS

- 1 small banana, peeled
- 1 cup lowfat vanilla yogurt
- 1/4 cup lowfat granola
- 1/4 cup fresh blueberries or other fresh berries

### PREPARATION

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a cereal bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and blueberries. Serve.



More recipes can be found at [www.ca5aday.com/powerplay](http://www.ca5aday.com/powerplay) - just click on "Kid-Friendly Recipes."



Funded by the U.S. Department of Agriculture Food Stamp Program.

For more information about the California Children's 5 a Day — Power Play! Campaign, visit us at [www.ca5aday.com/powerplay](http://www.ca5aday.com/powerplay) or call 1-888-328-3483.